

From Coverage to Care



Partner Webinar

August 7, 2018, 2pm ET

Centers for Medicare & Medicaid Services
Office of Minority Health

For audio:

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Attendees Access Code: 243-488-766

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Logistics (Continued)



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Agenda

- Welcome & Logistics
- From Coverage to Care
 - (C2C) Overview
 - Step 1, Put Your Health First: Prevention
 - How to Get Involved
- HealthFinder
 - Overview
 - Prevention Resources
 - How to Get Involved
- Centers for Disease Control and Prevention
 - Prevention Resources
 - How to Get Involved
- Questions & Answers

Speakers



Ashley Peddicord-Austin, MPH
Health Insurance Specialist
CMS Office of Minority Health



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*Health Communication and
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Monique LaRocque, MPH
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Deputy Director
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Office of the Associate Director
for Policy
Centers for Disease Control and
Prevention

C2C Overview

Offices of Minority Health Within HHS



From Coverage to Care (C2C)

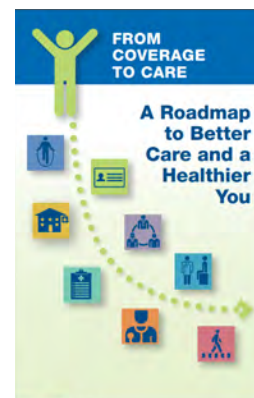
What is C2C?

C2C aims to help individuals understand their health coverage and connect to primary care and the preventive services that are right for them, so they can live a long and healthy life.



C2C Resources

- Roadmap to Better Care and a Healthier You
- 5 Ways to Make the Most of Your Health Coverage
- Roadmap to Behavioral Health
- Manage Your Health Care Costs
- Enrollment Toolkit
- Prevention Resources
- Partner Toolkit and Community Presentation



C2C Webpage

go.cms.gov/c2c

[En Español](#)

[CMS Equity Plan for Medicare](#)

[From Coverage to Care](#)

[C2C Consumer Resources](#)

[Prevention Resources](#)

[5 Ways to Make the Most of Your Coverage](#)

[Roadmap to Better Care](#)

[C2C Partner Resources](#)

[Get Involved](#)

[Connected Care: The Chronic Care Management Resource](#)

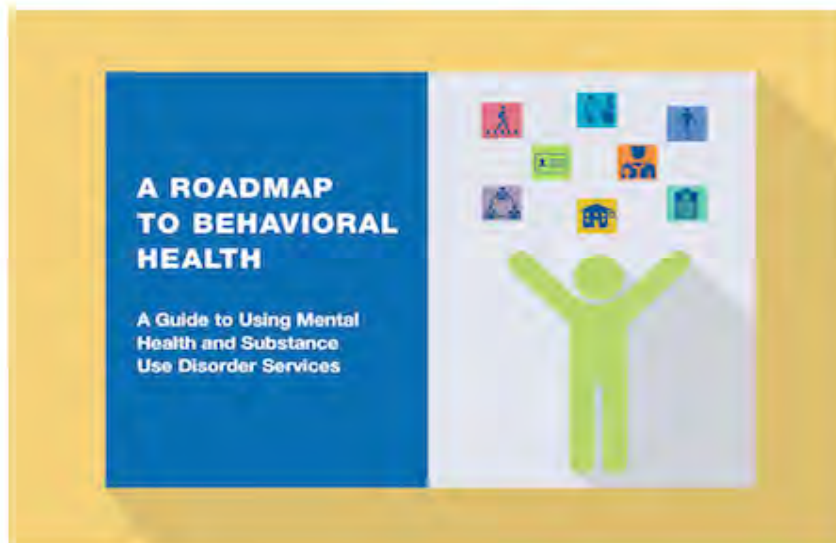
[Rural Health](#)

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From Coverage to Care



Spotlight

A Roadmap to Behavioral Health

This new resource focuses on behavioral health as a companion guide to the Roadmap to Better Care and a Healthier You to offer important information about mental health and substance use disorder services, finding a behavioral health provider, defining behavioral health terms, receiving services, and following up on care.

[Download the Roadmap to Behavioral Health](#)

From Coverage to Care (C2C) is an initiative, developed by the Centers for Medicare & Medicaid Services, to help you understand your health coverage and connect to primary care and the preventive services that are right for you, so you can live a long and healthy life. We understand health insurance can be a bit overwhelming and confusing at first, however there are many ways you can make the most of it.

5 Ways to Make the Most of Your Health Coverage

5 Ways to make the most of your health coverage

Now that you have health coverage, here is what you can do to put your health first and live a long and healthy life.

- 1 Confirm your coverage**
 - Be sure your enrollment is complete. Contact your health plan and/or state Medicaid office.
 - Pay your premium if you have one, so you can use your health coverage when you need it.
- 2 Know where to go for answers**
 - Contact your health plan to see what services are covered, and what your costs will be.
 - Read the *Roadmap to Better Care and a Healthier You* to learn about key health insurance terms, like coinsurance, and deductible.
- 3 Find a provider**
 - Select a health care provider in your network who will work with you to get your recommended health screenings.
 - Remember you might pay more if you see a provider who is out-of-network.
- 4 Make an appointment**
 - Confirm your provider accepts your coverage.
 - Talk to your provider about preventive services.
 - Ask questions about your concerns and what you can do to stay healthy.
- 5 Fill your prescriptions**
 - Fill any prescriptions you need.
 - Some drugs cost more than others. Ask in advance how much your prescription costs and if there is a more affordable option.

For more information about *From Coverage to Care*, visit go.cms.gov/c2c

CMS Product No. 11968
March 2016

- A quick reference material to start the journey from coverage to care
- Available in Arabic, Chinese, English, Haitian Creole, Korean, Russian, Spanish, and Vietnamese

How to Maximize Your Health Coverage

Animated Video “How to Maximize Your Health Coverage”

All videos available in English and Spanish.

Shorter Series:

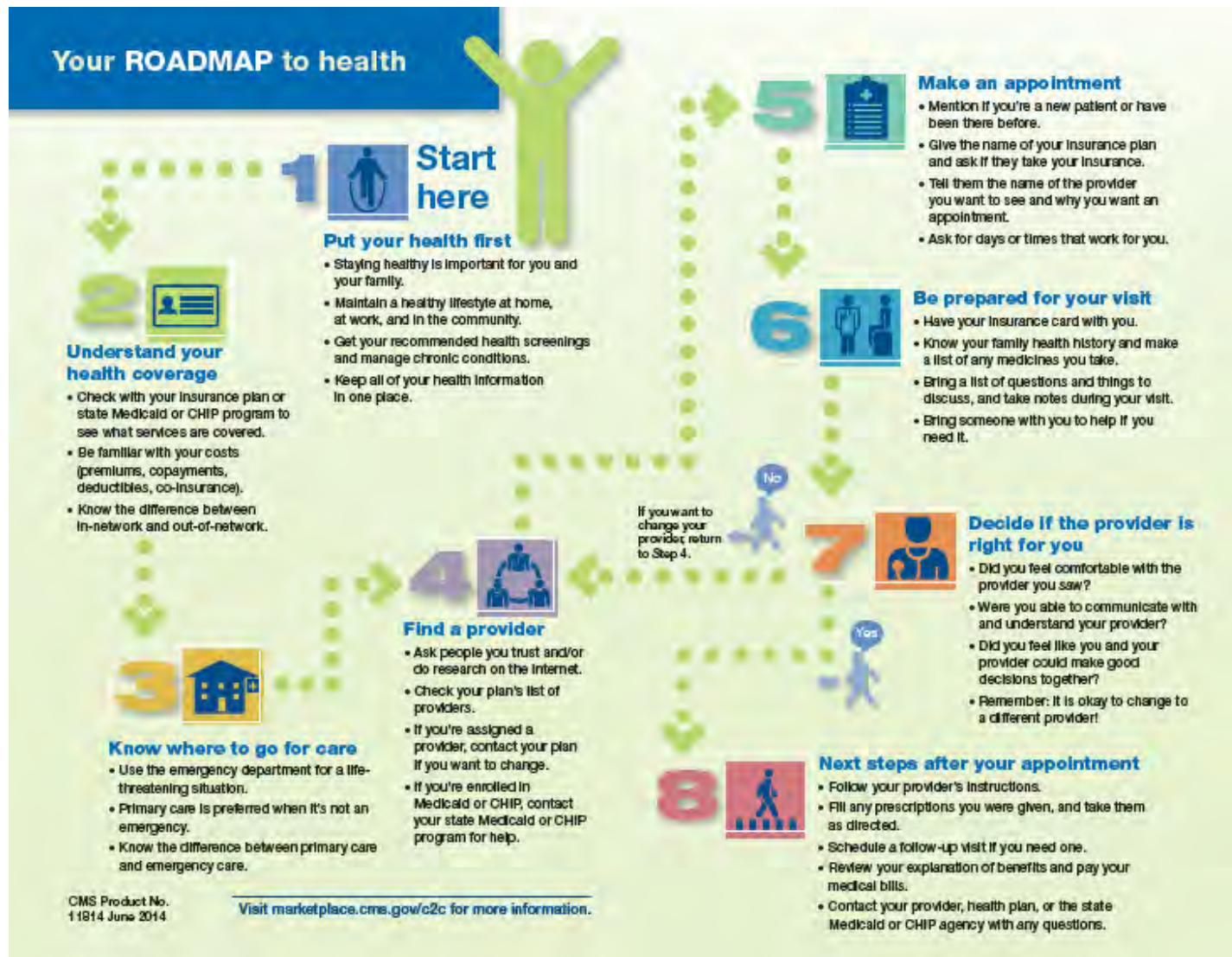
- Confirm Your Coverage
- Know Where to Go for Answers
- Find a Provider
- Make an Appointment
- Fill Your Prescriptions

Roadmap to Better Care and a Healthier You

- Explains what health coverage is and how to use it to get primary care and preventive services
- Roadmap Poster
- Consumer Tools:
 - Insurance card
 - Primary Care vs. Emergency Care
 - Explanation of Benefits
- Pull-out step booklets
- Available in 8 languages
- Tribal version
- Customizable version



From Coverage to Care Roadmap



Step 1, Put Your Health First: Prevention

Step 1: Put Your Health First

- Staying healthy is important for you and your family.
- Maintain a healthy lifestyle.
- Get recommended health screenings & manage chronic conditions. Many screenings are available with no cost sharing.
- Keep all of your health information in one place.



Put Your Health First: Physical Activity

- Regular physical activity increases your chances of living a longer, healthier life.
- It's not all or nothing! Even 10 minutes of activity is better than nothing!

Resources:

- Be Active Your Way
<http://www.health.gov/paguidelines/guidelines>
- Physical Activity Basics
<http://www.cdc.gov/physicalactivity/basics/index.htm>

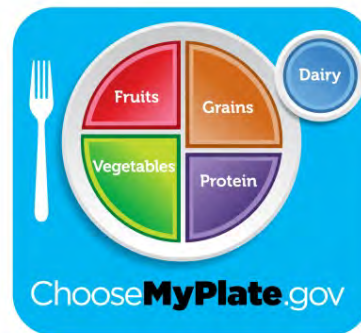


Put Your Health First: Healthy Eating

- A healthy diet can help protect you from heart disease, type 2 diabetes, and some types of cancer.
- Make small changes to your eating habits to make a big difference for your health.

Resources:

- My Plate
www.choosemyplate.gov



Put Your Health First: Relaxation

- Preventing and managing stress can help lower your risk for health problems like heart disease, high blood pressure, and depression.
- Being prepared and in control of your situation will help you feel less stressed.

Resources:

- www.healthfinder.gov
- www.mentalhealth.gov



The screenshot shows the 'myhealthfinder' website. On the left, there is a red apple with a yellow 'A+' on it. The text 'Find out which preventive services you need this year.' is next to it. On the right, there is a form titled 'I want information for:'. Below this is a dropdown menu with 'Make a selection' and a downward arrow. Under the heading 'Sex', there are two buttons: 'Male' with a male icon and 'Female' with a female icon. Below these is an 'Age' field with a text box and the word 'years' next to it. At the bottom right is a 'Get Started' button with a right-pointing arrow.

Put Your Health First: Take an Active Role in Your Health

- Being active in your health can lead to better care and better health for you and your family.
- Keep track of health information.
- Ask questions.

Resources:

- Online Tracker
<https://supertracker.usda.gov/>
- My Family Health Portrait
<https://familyhistory.hhs.gov>
- My Medicine Record
<http://www.fda.gov/Drugs/ResourcesForYou/ucm079489.htm>

Be an Active Member of Your Health Care Team

My Medicine Record

Name (Last, First, Middle Initial): _____

	What I'm Using Rx – Brand & generic name; OTC – Name & active ingredients	What It Looks Like Color, shape, size, markings, etc.	How Much	How to Use / When to Use
— Enter ALL prescription (Rx) medicine (include samples), over-the-counter (OTC) medicine, vitamins, and supplements.				
Ex:	XXXX/xxxxxxxx	20 mg pill; small, white, round	40 mg; use two 20 mg pills	Take orally, 2 times a day, at 8:00 am & 8:00 pm
1				
2				
3				

Put Your Health First

1 Make time for physical activity, healthy eating, relaxation, and sleep.



EXERCISE

Even 10 minutes a day can help increase your chances of living longer and healthier.

fitness.gov



DIET

A healthy diet can help protect you against heart disease and certain cancers.

myplate.gov



RELAX

Prevent and manage stress to lower your risk of serious health problems like high blood pressure or depression.

mentalhealth.gov



SLEEP

Make small changes to your daily routine to help you get the sleep you need.

go.usa.gov/3wcyf

2 Get the preventive services that are right for you.



Talk to your provider about which services are right for you.

cdc.gov/prevention/



Mental and emotional health are important. Find behavioral health treatment and prevention services.

findtreatment.samhsa.gov/

Take advantage of these and other services available at no cost to you with most health coverage, thanks to the Affordable Care Act.



Unique services are also available for women, children, and older adults. For more information on the free preventive services specific to women, children, and older adults, visit go.cms.gov/c2c.

3 Take an active role in your health care.



Ask your provider questions.

ahrq.gov/patients-consumers/patient-involvement/ask-your-doctor/index.html

Talk to your family and friends about staying healthy — it may be difficult but it's important!

go.usa.gov/3tRW

4 Keep track of your health information.



Keep a list of your family's health history. Take it with you when you see your provider.

familyhistory.hhs.gov

Keep a list of your medicines and show your provider. Use the FDA's My Medicine Record.

fda.gov/Drugs/ResourcesForYou/ucm079489.htm

Infographic/Poster

1. Make time for physical activity, healthy eating, relaxation, and sleep.
2. Get the preventive services that are right for you.
3. Take an active role in your health care.
4. Keep track of your health information.



Preventive Services

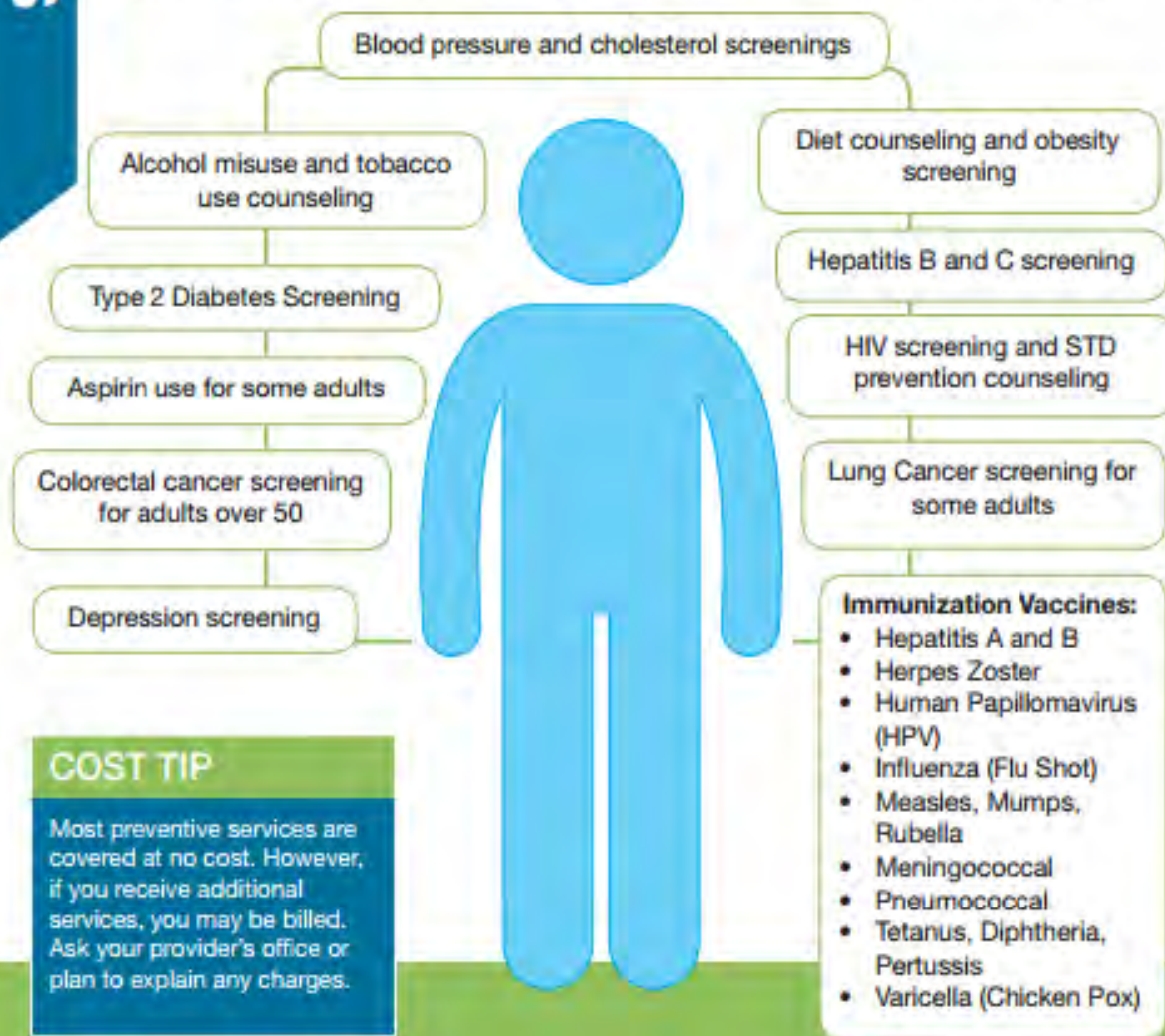
- Most health plans must cover a set of preventive services at no cost to you.
- This includes vaccinations and immunizations, like the flu shot.
- Also includes wellness visits, blood pressure screenings, and depression screenings.



Put Your Health First

Get the preventive services that are right for you!

Take advantage of these and other services available at no cost to adults under most health coverage, thanks to the Affordable Care Act.



Free Preventive Services Flyers

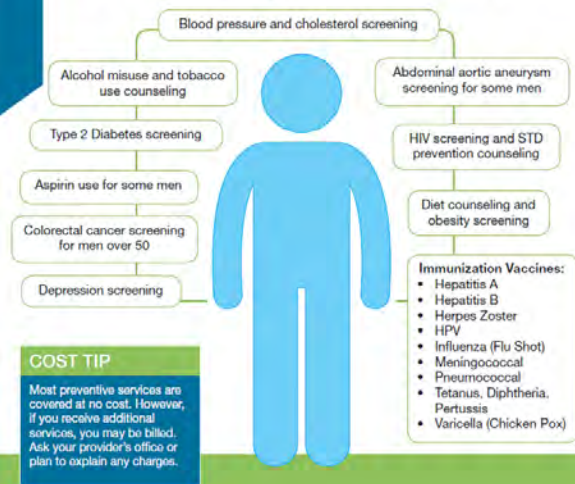
COVERAGE TO CARE >>> Prevention

MEN

Put Your Health First

Get the preventive services that are right for you!

Take advantage of these and other services available at no cost to men under most health coverage, thanks to the Affordable Care Act.



COST TIP

Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider's office or plan to explain any charges.



For additional resources and a full list of the preventive services covered at no cost sharing under the Affordable Care Act, please visit go.cms.gov/02c.

CMS Product No. 11943
April 2016

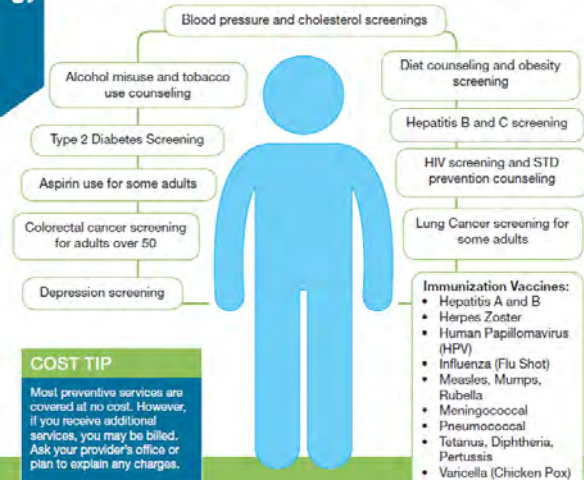
COVERAGE TO CARE >>> Prevention

ADULTS

Put Your Health First

Get the preventive services that are right for you!

Take advantage of these and other services available at no cost to adults under most health coverage, thanks to the Affordable Care Act.



COST TIP

Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider's office or plan to explain any charges.



For additional resources and a full list of the preventive services covered at no cost sharing under the Affordable Care Act, please visit go.cms.gov/02c.

CMS Product No. 11943
April 2016

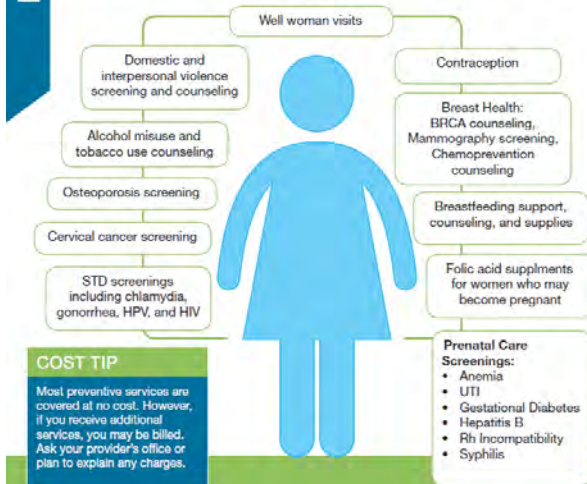
COVERAGE TO CARE >>> Prevention

WOMEN

Put Your Health First

Get the preventive services that are right for you!

Take advantage of these and other services available at no cost to women under most health coverage, thanks to the Affordable Care Act.



COST TIP

Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider's office or plan to explain any charges.



For additional resources and a full list of the preventive services covered at no cost sharing under the Affordable Care Act, please visit go.cms.gov/02c.

CMS Product No. 11943
April 2016

Free Preventive Services Flyers

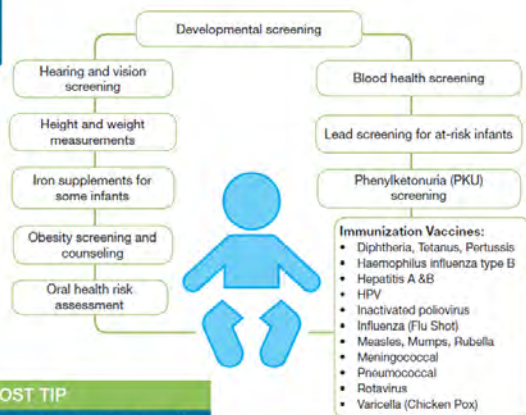
COVERAGE TO CARE >>> Prevention

INFANTS

Put Your Health First

Get the preventive services that are right for you!

Take advantage of these and other services available at no cost to you under most health coverage, thanks to the Affordable Care Act.



COST TIP

Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider's office or plan to explain any charges.



For additional resources and a full list of the preventive services covered at no cost sharing under the Affordable Care Act, please visit go.cms.gov/c2c.

CMS Product No. 11966 April 2016

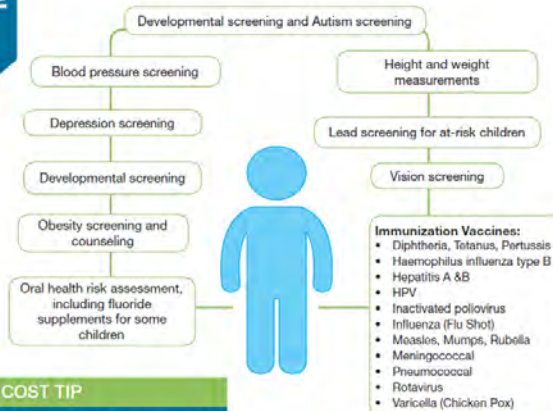
COVERAGE TO CARE >>> Prevention

CHILDREN

Put Your Health First

Get the preventive services that are right for you!

Take advantage of these and other services available at no cost to you under most health coverage, thanks to the Affordable Care Act.



COST TIP

Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider's office or plan to explain any charges.



For additional resources and a full list of the preventive services covered at no cost sharing under the Affordable Care Act, please visit go.cms.gov/c2c.

CMS Product No. 11966 April 2016

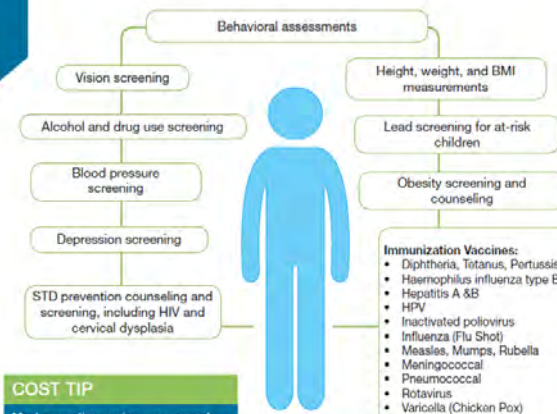
COVERAGE TO CARE >>> Prevention

TEENS

Put Your Health First

Get the preventive services that are right for you!

Take advantage of these and other services available at no cost to you under most health coverage, thanks to the Affordable Care Act.



COST TIP

Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider's office or plan to explain any charges.



For additional resources and a full list of the preventive services covered at no cost sharing under the Affordable Care Act, please visit go.cms.gov/c2c.

CMS Product No. 11967 April 2016

Fillable Hand Cards

FROM COVERAGE TO CARE >>> Prevention

Put Your Health First!



1. Make time for physical activity, healthy eating, relaxation, and sleep.
2. Get the preventive services that are right for you!
3. Take an active role in your health care.
4. Keep track of your health information.

For more resources and information on free preventive services, visit go.cms.gov/c2c.



CMS Product No. 11947
Revised June 2016

Questions About Your Health Coverage?

CONTACT US!

Organization: _____
Website: _____
Phone: _____
Email: _____
Contact Person: _____

Remember to keep your information updated with HealthCare.gov (or your state Exchange).
This includes your address, contact information, family size, and household income.

Contact Card

Thank you for taking time to put your health first!

Today, _____, I received a preventive health screening!
I had a screening for: _____
My result was: _____
The result means: _____
Need to follow-up for the results. ☐
Need to make an appointment about the results. ☐
My next screening will be: _____

If you have questions about your health or the result of a service you received,
call your primary care provider!

Screening or
Test Result
Card

Thank you for taking time to put your health first!

APPOINTMENT REMINDER

_____ has an appointment scheduled with
_____ on _____ at _____ am/pm.
Be sure to ask about _____
Office Address: _____
Office Phone Number: _____

Note: If you cannot make your appointment, be sure to call your provider's office!
Give them plenty of notice, because there may be a cancellation fee. Ask about the policy now!

Remember... your provider wants to see you, even when you're well! Make an appointment for a
checkup and talk with your doctor about which FREE preventive services are right for you!

Appointment
Reminder Card

How to Get Involved

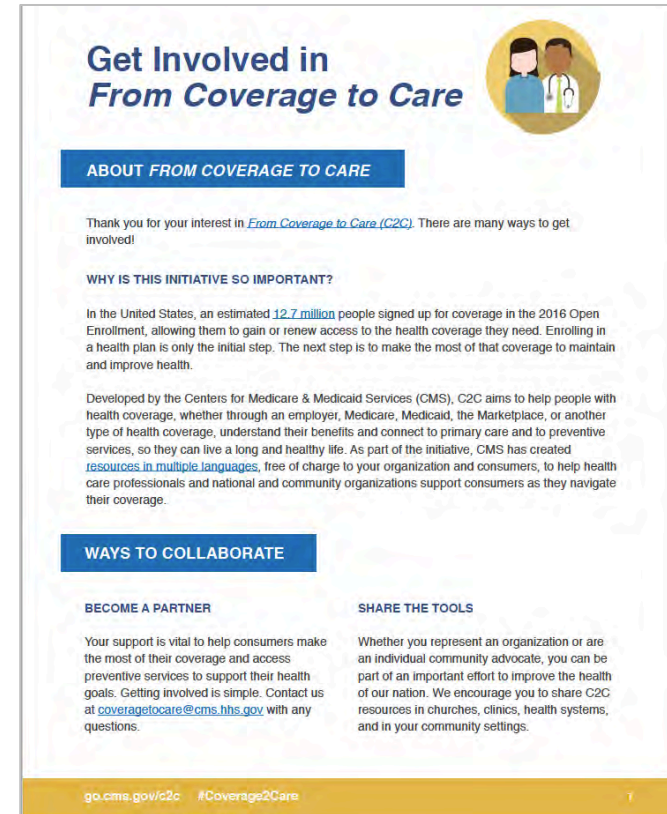
Using C2C Resources

- **Start the Conversation.** Use the Roadmap as a tool to help people understand their new coverage and understand the importance of getting the right preventive services.
- **Help Consumers Understand.** The Roadmap has a lot of information for consumers. You can help them use it as a resource to refer back to as they journey to better health and well-being.
- **Personalize It.** You know your community. Consider adding local resources and information.

How to Get Involved

There are many ways to get involved!

- Order and share C2C resources, free of charge to you and your organization.
- Use the C2C Community Presentation.
- Plan an event in your community.
- Send us stories.



The thumbnail shows a flyer titled "Get Involved in From Coverage to Care" with a circular icon of two people. The flyer is divided into sections: "ABOUT FROM COVERAGE TO CARE", "WHY IS THIS INITIATIVE SO IMPORTANT?", "WAYS TO COLLABORATE", and "BECOME A PARTNER". It includes text about the initiative's purpose, the number of people covered (12.7 million), and how to get involved. At the bottom, it provides the website go.cms.gov/c2c and the hashtag [#Coverage2Care](https://twitter.com/Coverage2Care).

**Get Involved in
From Coverage to Care**

ABOUT FROM COVERAGE TO CARE

Thank you for your interest in [From Coverage to Care \(C2C\)](#). There are many ways to get involved!

WHY IS THIS INITIATIVE SO IMPORTANT?

In the United States, an estimated [12.7 million](#) people signed up for coverage in the 2016 Open Enrollment, allowing them to gain or renew access to the health coverage they need. Enrolling in a health plan is only the initial step. The next step is to make the most of that coverage to maintain and improve health.

Developed by the Centers for Medicare & Medicaid Services (CMS), C2C aims to help people with health coverage, whether through an employer, Medicare, Medicaid, the Marketplace, or another type of health coverage, understand their benefits and connect to primary care and to preventive services, so they can live a long and healthy life. As part of the initiative, CMS has created [resources in multiple languages](#), free of charge to your organization and consumers, to help health care professionals and national and community organizations support consumers as they navigate their coverage.

WAYS TO COLLABORATE

BECOME A PARTNER

Your support is vital to help consumers make the most of their coverage and access preventive services to support their health goals. Getting involved is simple. Contact us at coveragetocare@cms.hhs.gov with any questions.

SHARE THE TOOLS

Whether you represent an organization or are an individual community advocate, you can be part of an important effort to improve the health of our nation. We encourage you to share C2C resources in churches, clinics, health systems, and in your community settings.

go.cms.gov/c2c #Coverage2Care

coveragetocare@cms.hhs.gov

How to Get Involved

Plan an event in your community

- Work with local hospitals, clinics, health centers and community centers.
- Host an Awards Breakfast to recognize patients.
- Help coordinate education classes at your local clinic, adult education institution, civic club, or fitness center.
- Engage your local church or place of worship.
- Host an educational Web conference.
- Host a workshop.
- Hold a “Meet Your Provider” open house.

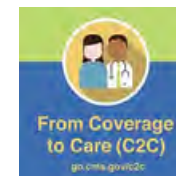
HealthFinder

healthfinder.gov & Prevention Resources

Courtney Schrock, MPH



Office of Disease Prevention
and Health Promotion



ODPHP guides the Nation toward better health through disease prevention policies and programs.

- ❖ We work on programs that set national goals and objectives for preventing disease and improving the health of all Americans; including **Healthy People**
- ❖ We provide guidance on nutrition and physical activity for Americans based on the latest scientific evidence; including the **Dietary & Physical Activity Guidelines for Americans**



- ❖ Designed using health literacy principles
- ❖ Clearly organized, easy to navigate, and has easy-to-read resources
- ❖ Evidence-based prevention focus
- ❖ Translates federal prevention guidance into actionable health information for consumers





- ❖ Features over 100 topics and tools on prevention & wellness.
- ❖ Prevention information is vetted by HHS SMEs
- ❖ What you need to know, why it's important & how to take action

❖ Find **personalized** prevention info based on:

- ❖ Age
- ❖ Sex
- ❖ Pregnancy Status

Take charge of your health!

Use this easy tool to get personalized preventive services recommendations for yourself or a loved one.

myhealthfinder

See which preventive services you or a loved one may need this year.

Age:

Sex: ☐ Female ☐ Male

Get Results

You said you want personalized information for a **woman** age **45**. Here are important ways to stay healthy.

Doctors recommend that **all** women age 45:

- Get Enough Folic Acid**
Learn why women your age need folic acid. (USPSTF)
- Get Shots to Protect Your Health**
Get important adult shots (vaccinations). (ACIP)
- Get Your Well-Woman Visit Every Year**
See a doctor or nurse for a checkup once a year. (HRSA)
- Talk to Your Doctor about Taking Medicine to Lower Your Risk of Heart Attack and Stroke**
If your doctor says you are at high risk for heart attack and stroke, ask about taking a medicine called statin to lower your risk. (USPSTF)
- Get Tested for Cervical Cancer**
Get a Pap test every 3 years. If you get a Pap test and an HPV test, you can get screened every 5 years instead. (USPSTF)
- Get Your Blood Pressure Checked**
Get your blood pressure checked once a year. (USPSTF)
- Get the Seasonal Flu Vaccine**
Get the flu vaccine every year to protect yourself and others from the flu. (ACIP)
- Watch for Warning Signs of Relationship Violence**
If you think your partner might be abusive, talk with your doctor about getting help. (USPSTF)
- Get Help to Quit Smoking**
If you smoke, ask your doctor about services to help you quit. (USPSTF)

Based on family history and other risk factors, doctors recommend that **some** women age 45:

- Choose the Right Birth Control**
If you are interested in birth control, talk with the doctor about your options. (HRSA)
- Get Tested for Type 2 Diabetes**
If you are overweight or have other risk factors for type 2 diabetes (like a family history of diabetes), ask your doctor to test you for diabetes. (USPSTF)
- Get Help with Healthy Eating**
If your doctor has told you that you are at risk for heart disease or diabetes, ask about dietary counseling. (USPSTF)
- Get Tested for Breast Cancer**
Talk with your doctor about when to start getting mammograms and how often you need them. (USPSTF)
- Talk with a Doctor if Breast or Ovarian Cancer Runs in Your Family**
If you have risk factors for hepatitis B (like any family history of breast or ovarian cancer). (USPSTF)
- Get Tested for Hepatitis B**
If you have risk factors for hepatitis B (like any injection drug use or if you were born in a country where hepatitis B is common), talk to your doctor about getting tested. (USPSTF)
- Get Tested for Hepatitis C**
If you have risk factors for hepatitis C (like any injection drug use or if you had a blood transfusion before 1992), talk to your doctor about getting tested. (USPSTF)

Health Conditions and Diseases
Cancer

Colorectal Cancer Screening: Which test would I prefer?

Everyone ages 50 to 75 needs to get screened for colorectal cancer. Screening saves lives because it can help catch cancer early, when it's easier to treat. There are 3 main types of colorectal cancer screening tests: colonoscopy, flexible sigmoidoscopy, and stool tests. Each test has pros and cons.

To find out which test you might prefer, answer the following questions. Questions like these can help patients make health care decisions that fit their preferences.

Then share the results with your doctor. Together, you and your doctor can choose the best test for you.

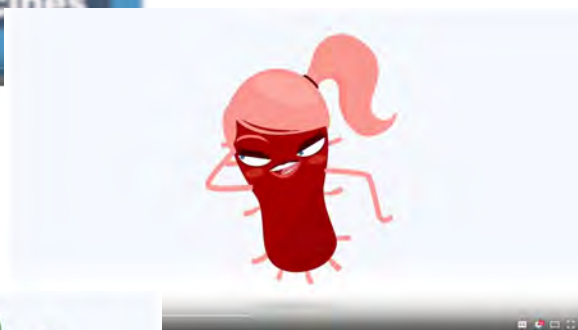
[Get Started ►](#)

- Colorectal cancer screening saves lives
- By answering the following questions patients can make health care decisions that fit their preferences
- Then together with their doctor patients can choose the best screening test for them

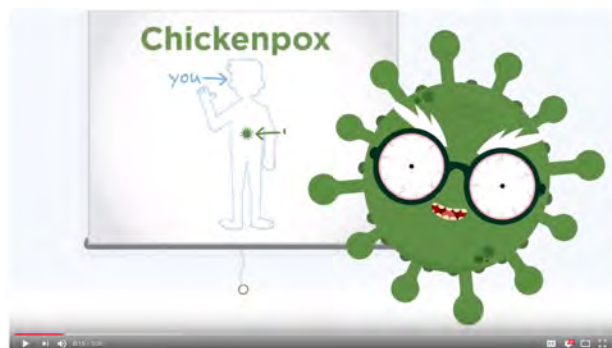


Your Best Shot - Pneumococcal Vaccines

<https://www.youtube.com/watch?v=SVX9kBOI3Pg&feature=youtu.be>



https://www.youtube.com/watch?v=AC58by5_igo&feature=youtu.be

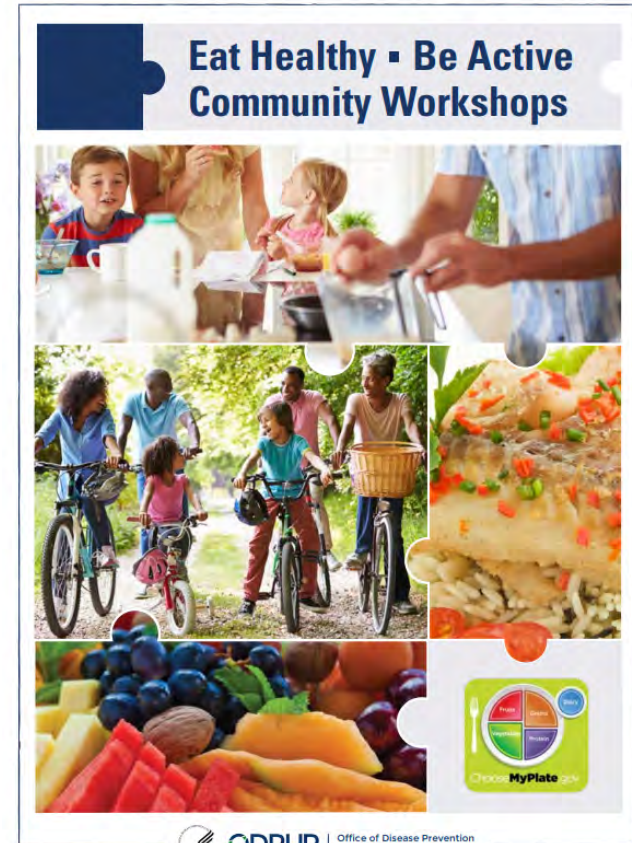


Your Best Shot - Shingles Vaccines

<https://www.youtube.com/watch?v=l-HhmH8gC9k&feature=youtu.be>

- NVPO and ODPHP collaborated to develop the “Your Best Shot” video series, which highlights the importance of vaccines across the lifespan.
- Each video focuses on a particular disease — whooping cough, shingles, or pneumococcal disease — and helps people understand why they need to get vaccinated.

- ❖ To order free copies of the Eat Healthy, Be Active Community Workshops in English, please go to <https://epublication.fda.gov/epub/> and click these filters: Nutrition > Health educators > Orderable Hardcopies > Apply, and scroll down to Eat Healthy, Be Active Community Workshops
- ❖ Print copies will be available in Spanish in limited quantities as soon as possible
- ❖ If you have any questions or concerns please email Holly.McPeak@hhs.gov



For the online version go to:

<https://health.gov/dietaryguidelines/2015/workshops/>

Centers for Disease Control and Prevention



Evidence-Based Tools and Interventions: Improving Health and Reducing Cost in Clinical and Community Settings

Jim Kucik, PhD, MPH

**Deputy Director, Policy Research, Analysis, and Development Office
Office of the Associate Director for Policy
Centers for Disease Control and Prevention**

From Care to Coverage webinar

August 7, 2018

CDC's Office of the Associate Director for Policy

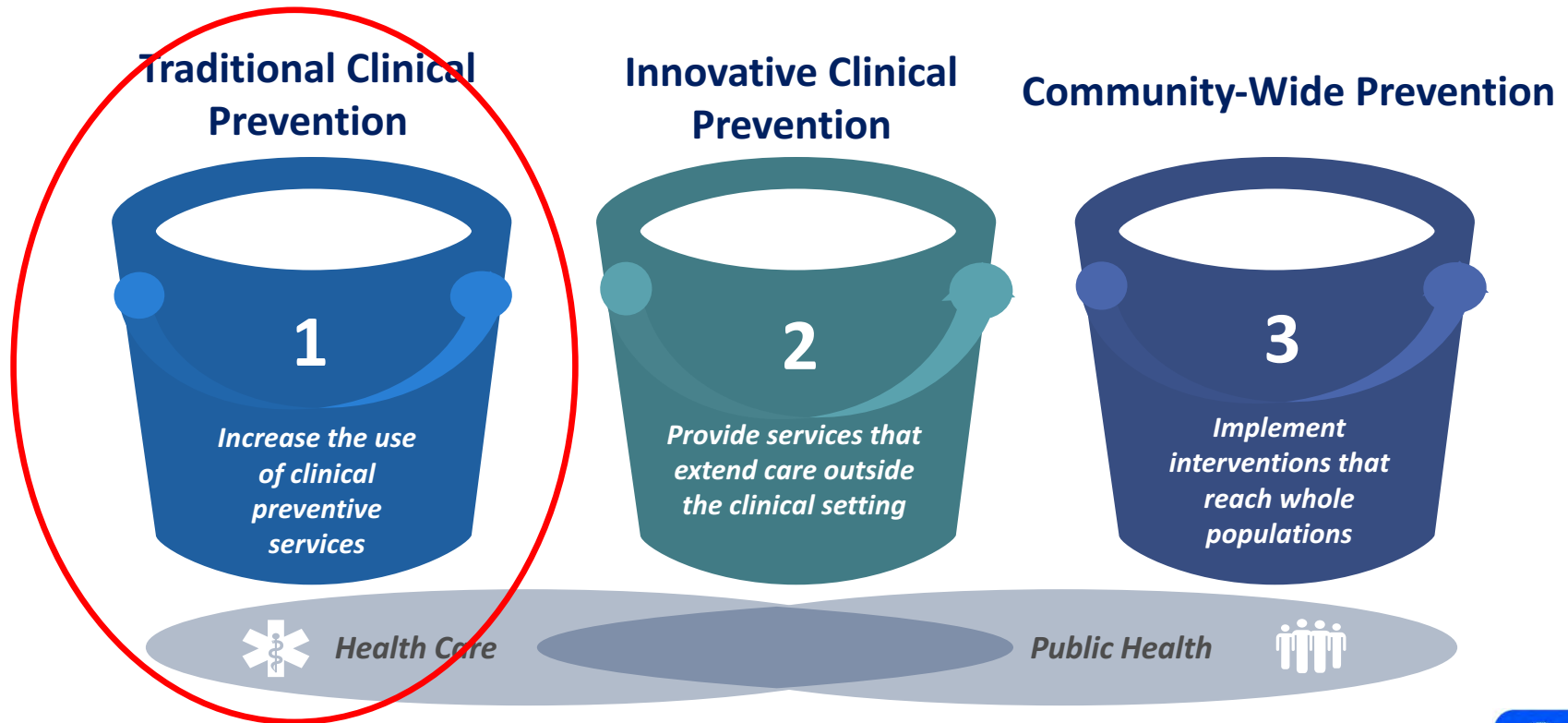
OADP's Mission: Identify and advance opportunities to use policy, leverage health system transformation, and engage other sectors to improve the public's health.

OADP's Priorities:

- Identify high-value prevention and public health policies and interventions
- Increase the understanding and use of credible evidence of prevention's impact by policy makers, health care, and public health
- Catalyze collaboration among public health, health care, and other sectors

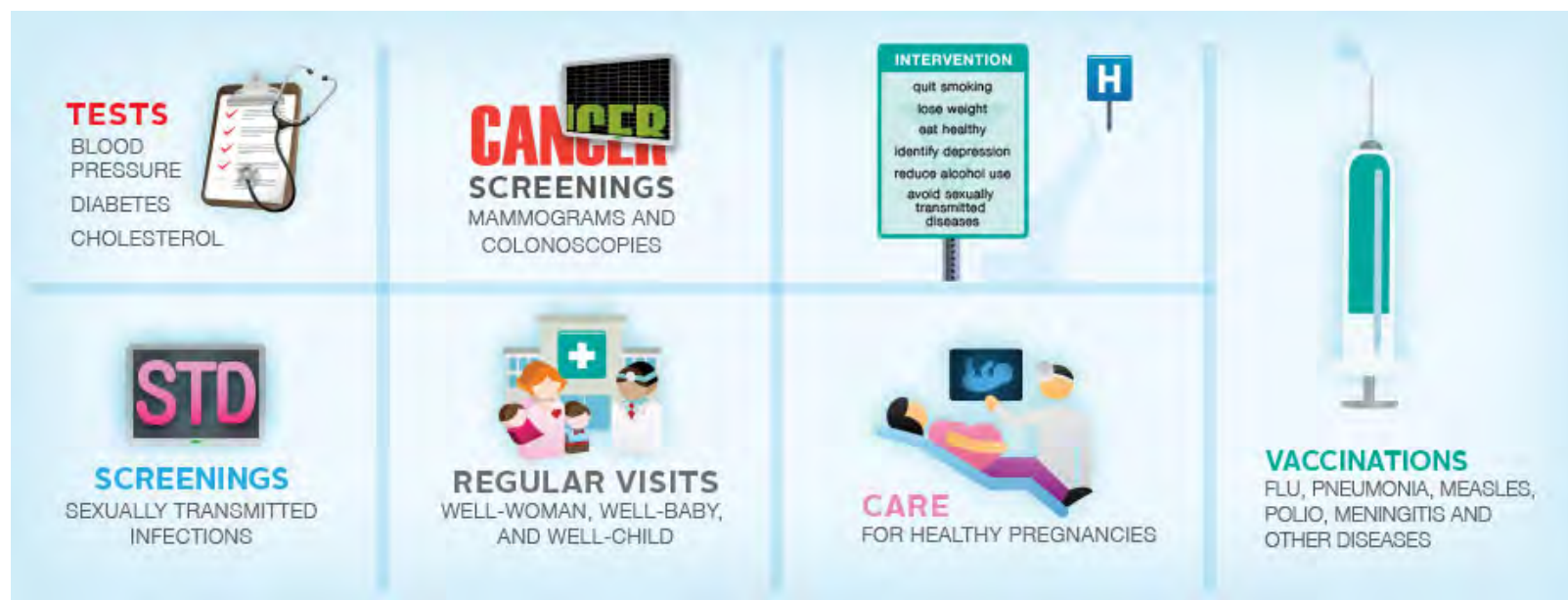


The 3 Buckets of Prevention



SOURCE: Auerbach J. The 3 Buckets of Prevention. J Public Health Management Practice
2011http://journals.lww.com/jphmp/Citation/publishahead/The_3_Buckets_of_Prevention_.99695.aspx

Increasing Preventive Health Care through the CDC Prevention Checklist



Clinical Preventive Services and the Affordable Care Act

Sets of recommended services are covered with no cost-sharing by certain plans:

- All services recommended “A” or “B” by the **United States Preventive Services Task Force**
- All immunizations recommended by the **Advisory Committee on Immunization Practices**
- All recommendations for women and children recognized by **HRSA**
 - Bright Futures services recommended the American Academy of Pediatrics (AAP)
 - IOM report: Clinical Preventive Services for Women
 - Recommended Uniform Screening Panel of the Discretionary Advisory Committee on Heritable Disorder in Newborns and Children



CDC Prevention Checklist



Get Preventive Health Care Resources
FOR YOU OR SOMEONE YOU
CARE ABOUT

I WANT
INFORMATION FOR

☒ Me, My Child,
Someone Else

☐ My Patient

SEX

☐ Male ☐ Female

AGE

SUBMIT



www.cdc.gov/prevention



CDC Prevention Checklist



The image shows a digital form titled "Get Preventive Health Care Resources FOR YOU OR SOMEONE YOU CARE ABOUT". The form is blue and white. It has three main sections: "I WANT INFORMATION FOR", "SEX", and "AGE". In the "I WANT INFORMATION FOR" section, there are two radio buttons: "Me, My Child, Someone Else" (which is selected) and "My Patient". In the "SEX" section, there are two icons: a male icon labeled "Male" and a female icon labeled "Female". In the "AGE" section, there is a text input field containing the number "29". At the bottom of the form, there is an orange "SUBMIT" button and a small CDC logo.

**Get Preventive Health Care Resources
FOR YOU OR SOMEONE YOU CARE ABOUT**

I WANT INFORMATION FOR

☒ Me, My Child,
Someone Else

☐ My Patient

SEX

☐ Male ☐ Female

AGE

29

SUBMIT



CDC Prevention Checklist - Patient

Doctors' recommendations for **all** men age 29:



■ [Get Your Blood Pressure Checked](#)

Get your blood pressure checked at least once every 1-2 years. Ask your doctor how often you need to get checked. (USPSTF)



[More information from CDC](#)

■ [Get Tested for HIV](#)

Get tested for HIV at least once. You may need to get tested more often depending on your risk. (USPSTF)

[More information from CDC](#)



[HIV Testing: Questions for the doctor](#) 

■ [Get a Seasonal Flu Vaccine](#)

Get a flu vaccine every year to protect yourself and others from the flu. (ACIP)

[More information from CDC](#)

■ [Get Important Vaccines](#)

Get important adult vaccines (vaccinations). (ACIP)

[More information from CDC](#)

[CDC: What vaccines do you need?](#)

■ [Watch Your Weight](#)

Ask your doctor if you are at a healthy weight. (USPSTF)

[More information from CDC](#)



CDC Prevention Checklist - Patient

Based on family history and other risk factors, doctors' recommendations for *some* men age 29:

■ [Talk with a Doctor about Your Alcohol Use](#)

If you are concerned about your drinking, ask your doctor about screening and counseling. (USPSTF)

[More information from CDC](#)

■ [Get Your Cholesterol Checked](#)

If you or someone in your family ever had heart disease, or if you have other risk factors for heart disease (like smoking, diabetes, high blood pressure, or obesity), get your cholesterol checked once every 5 years. (USPSTF)

[More information from CDC](#)

■ [Talk with Your Doctor about Depression](#)

Talk with your doctor about how you are feeling if you have been sad, down, or hopeless. (USPSTF)

[More information from CDC](#)

■ [Take Steps to Prevent Type 2 Diabetes](#)

If you have high blood pressure, ask your doctor if you need to be screened for type 2 diabetes. (USPSTF)

[More information from CDC](#)

[Take Steps to Prevent Type 2 Diabetes](#) 

■ [Get Help with Healthy Eating](#)

If your doctor has told you that you are at risk for heart disease or diabetes, ask about dietary counseling. (USPSTF)

[More information from CDC](#)

[Losing Weight: Questions for the doctor](#) 

■ [Take Steps to Protect Yourself from Relationship Violence](#)



CDC Prevention Checklist



Get Preventive Health Care Resources
FOR YOU OR SOMEONE YOU
CARE ABOUT

I WANT INFORMATION FOR

☐ Me, My Child,
Someone Else

☒ My Patient

SEX

☒ Male ☐ Female

AGE

29

SUBMIT



CDC Prevention Checklist - Provider

Clinical guidelines recommend these services for **all** men age 40:

■ Immunizations (ACIP)

- Influenza (1 dose annually)
- TD/Tdap (Substitute 1-time dose of Tdap for Td booster, then boost with TD every 10 years)
- Varicella (up to 2 doses)
- MMR (1 or 2 doses)
- PPSV (if risk factor is present)
- PCV (if risk factor is present)
- Meningococcal (if risk factor is present)
- Hepatitis A (if risk factor is present)
- Hepatitis B (if risk factor is present)
- Recommendations are for all persons who lack documentation of vaccination or have no evidence of previous infection, and for whom the vaccines are not contraindicated.
- Please see the immunization schedule for footnotes and important information for each vaccine.

[ACIP Vaccination Schedule](#) 

[CDC Resource: Personalized Vaccine Scheduler](#)

[See Billing Information for details](#)

■ Blood Pressure in Adults (Hypertension): Screening

Screening for high blood pressure in adults aged 18 and older. (USPSTF)

[Summary clinical recommendation info](#)

 [Full clinical recommendation info](#) 

[Consumer information from CDC](#)



CDC Prevention Checklist – Billing Codes

Prevention

Privacy

Billing Codes

Scientific Resources

[CDC](#) > [Prevention](#)

Billing Codes

Cholesterol Screening

Procedure codes: 36415, 36416, 80061, 82465, 83718, 83719, 83721, 84478

ICD-9: V70.0 or V77.91, [Hypertension Diagnosis Codes](#), [Diabetes Diagnosis Codes](#)

ICD-10: Z00.00, Z13.220, [Hypertension Diagnosis Codes](#), [Diabetes Diagnosis Codes](#)

Colorectal Cancer Screening

Procedure codes: 44388, 44389, 44392-44394, 45300-45320, 45330-45335, 45338-45340, 45378-45386, 74263, 82270, 82274, 88304, 88305, G0104-G0107, G0120-G0122, G0328, G0394, S0601, S3890

ICD-9: V16.0, V18.51, V18.59, V70.0, V72.62, V76.41, V76.50, V76.51

ICD-10: Z00.00, Z12.10, Z12.11, Z12.12, Z80.0, Z83.71, Z83.79

Depression

Procedure codes: 99420, G0444

ICD-9: V79.0

ICD-10: Z13.89

Diabetes Screening

Procedure codes: 36415, 36416, 82947, 82948, 82950-82952, 83036

ICD-9: V70.0 or V77.1 AND [Hypertension Diagnosis Codes](#)

ICD-10: Z00.00, Z13.1 AND [Hypertension Diagnosis Codes](#)

Genetic Counseling and Evaluation for BRCA Testing

Procedure codes: 96040, 99201-99205, 99211-99215, 99385-99387, 99395-99397, S0265

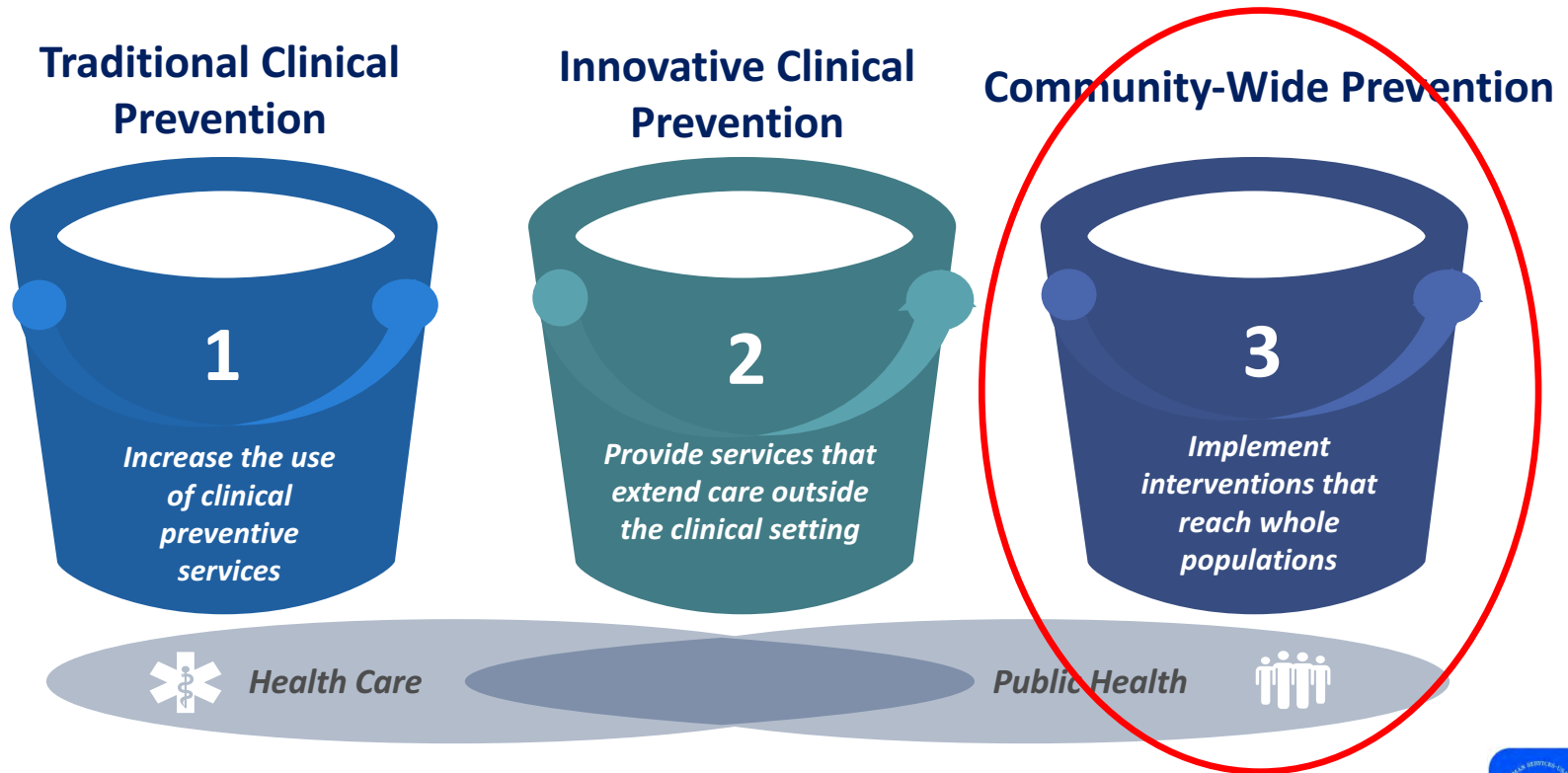
ICD-9: V10.3, V10.43, V16.3, V16.41

ICD-10: Z80.3, Z80.41, Z85.3, Z85.43, Z15.01, Z15.02

Gonorrhea Screening



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Community-Wide Health Improvement Initiatives



www.cdc.gov/chinav



CHI Navigator – Purpose

Support hospitals, health systems, public health, and other community organizations and stakeholders interested in improving the health of **their communities**



CHI Navigator Overview

- Toolbox to enable collaborative community health improvement (CHI) work:
 - Infographic-storyline that sets the stage for collaborative work
 - Brief case examples from health system partnerships with external partners
 - Focused set of tools to support effective collaborations
 - Database of evidence-based interventions to support movement to action



INVEST IN YOUR COMMUNITY

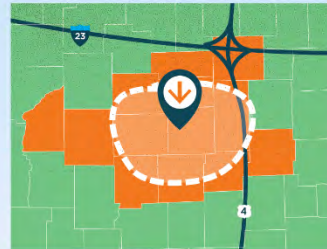
4 Considerations to Improve Health & Well-Being *for All*

WHAT Know What Affects Health



WHERE Focus on Areas of Greatest Need

Your zip code can be more important than your genetic code. Profound health disparities exist depending on where you live.



WHO Collaborate with Others to Maximize Efforts



HOW Use a Balanced Portfolio of Interventions for Greatest Impact

- Action in one area may produce positive outcomes in another.
- Start by using interventions that work across all four action areas.
- Over time, increase investment in socioeconomic factors for the greatest impact on health and well-being for all.

Four ACTION Areas



→ VISIT www.cdc.gov/CHInav FOR TOOLS AND RESOURCES TO IMPROVE YOUR COMMUNITY'S HEALTH AND WELL-BEING



MARCH 2015

INVEST IN YOUR COMMUNITY

4 Considerations to Improve
Health & Well-Being *for All*

WHAT Know What Affects Health

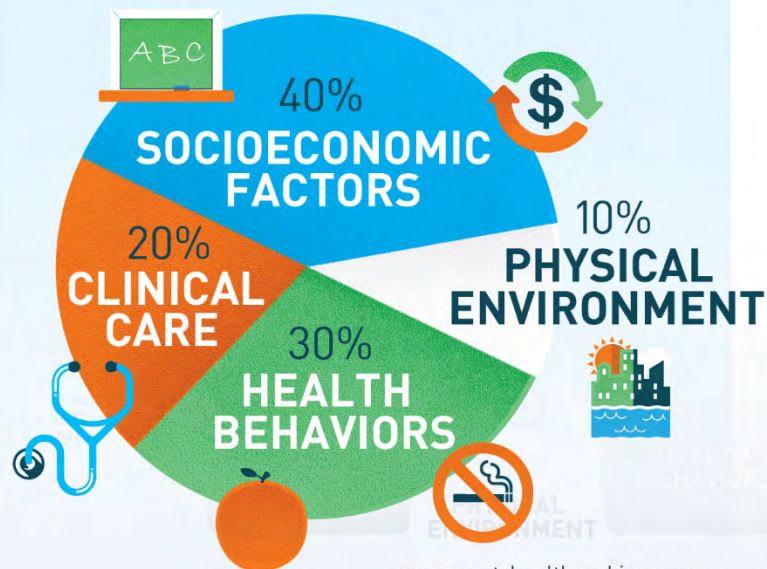


HOW Use a Balanced Portfolio

- Action in one area may produce positive outcomes in another
- Start by using interventions that work across all four action areas
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WHAT

Know What Affects Health



www.countyhealthrankings.org



VISIT www.cdc.gov/CHInav FOR TOOLS AND RESOURCES TO IMPROVE YOUR COMMUNITY'S HEALTH AND WELL-BEING



NATIONAL
PREVENTION
STRATEGY

Robert Wood Johnson Foundation



INVEST IN YOUR COMMUNITY

4 Considerations to Improve Health & Well-Being *for All*

WHAT Know What Affects Health



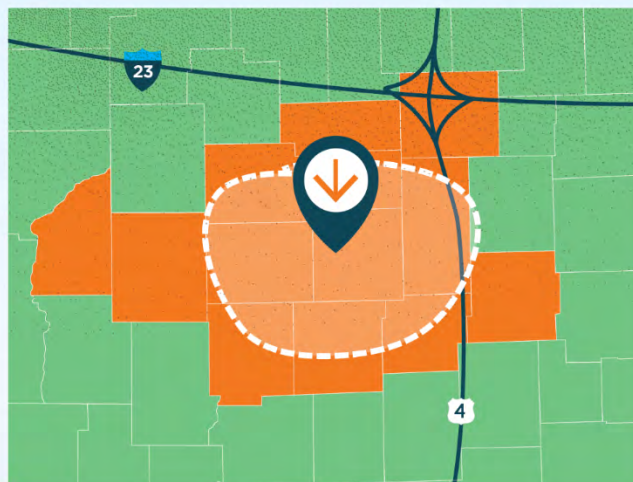
HOW Use a Balanced Portfolio

- Action in one area may lead to positive outcomes in others
- Start by using interventions that work across all four areas
- Over time, increase investments in socioeconomic factors that have greatest impact on health and well-being for all.

WHERE

Focus on Areas of Greatest Need

Your zip code can be more important than your genetic code. Profound health disparities exist depending on where you live.



Maximize Efforts



VISIT www.cdc.gov/CHInav FOR TOOLS AND RESOURCES TO IMPROVE YOUR COMMUNITY'S HEALTH AND WELL-BEING



March 2015

INVEST IN YOUR COMMUNITY

4 Considerations to Improve
Health & Well-Being *for All*

WHO

Collaborate with Others to Maximize Efforts



VISIT www.cdc.gov/CHInav FOR TOOLS AND RESOURCES TO IMPROVE YOUR COMMUNITY'S HEALTH AND WELL-BEING



NATIONAL
PREVENTION
STRATEGY

Robert Wood Johnson Foundation

INVEST IN YOUR COMMUNITY

4 Considerations to Improve
Health & Well-Being *for All*

HOW

Use a Balanced Portfolio of Interventions for Greatest Impact

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Four
ACTION
Areas



VISIT www.cdc.gov/CHInav FOR TOOLS AND RESOURCES TO IMPROVE YOUR COMMUNITY'S HEALTH AND WELL-BEING



Selecting Actions to Implement: Database of Interventions

- Search engine of proven interventions can help move partnerships from planning to **implementation and action**, and in the end, to improved community health and well-being
- Drawn from source databases that met defined criteria for **level of evidence** and accessibility
- Search for interventions **addressing specified risk factors** associated with leading causes of illness and death in the U.S.
- Filter results by target populations, target outcomes/indicators, intervention types or settings/locations, and assets



Database of Interventions (cont'd)

SELECT **Filters** [Clear all filters](#)

TARGET RISK FACTORS

☒ Tobacco Use and Exposure ☐ Physical Inactivity

☐ Unhealthy Diet ☐ High Cholesterol

☐ High Blood Pressure ☐ Diabetes

☐ Obesity

TARGET POPULATIONS

☐ Racial/Ethnic Minorities ☐ Low Income

☒ Children/Adolescents ☐ Families

☐ Adults ☐ Older Adults

☐ Men ☐ Women

☐ Urban ☐ Rural

TARGET OUTCOMES OR INDICATORS

☐ Tobacco Use and Exposure ☐ Physical Activity

☐ Healthy Food/Beverage Intake ☐ Cholesterol/Lipid Level

☐ Blood Pressure ☐ Hemoglobin A1c/Glycemic Control

☐ Body Mass Index/Weight ☐ Health Care Costs

☐ Mortality ☐ Treatment Adherence

INTERVENTION SETTINGS/LOCATIONS

☐ Business/Medicine ☐ School

Four ACTION Areas

SOCIOECONOMIC FACTORS 24 RESULTS

PHYSICAL ENVIRONMENT 24 RESULTS

HEALTH BEHAVIORS 28 RESULTS

CLINICAL CARE 14 RESULTS

☒ Reviews [\(more info\)](#) ☒ Individual Studies [\(more info\)](#)

FILTER BY ACTION AREA:

Showing All [Go](#)

Showing 1 to 10 of 72 results [Previous](#) [Next](#)

INDIVIDUAL STUDIES

The return on investment of a Medicaid tobacco cessation program in Massachusetts.

REVIEWS

Increase the Price of Tobacco

REVIEWS

Reduce Cost for Tobacco Cessation Therapy

REVIEWS

Promoting Health Equity Through Education Programs and Policies: Comprehensive, Center-Based Programs for Children of Low-Income Families to Foster Early Childhood Development



Database of Interventions (cont'd)

CDC Community Health Improvement Navigator

Database of Interventions

INDIVIDUAL STUDY

The return on investment of a Medicaid tobacco cessation program in Massachusetts.

Individual Study Details: [The return on investment of a Medicaid tobacco cessation program in Massachusetts.](#)

Individual Study Source: [New York Academy of Medicine](#)

ACTION Areas



Socioeconomic Factors

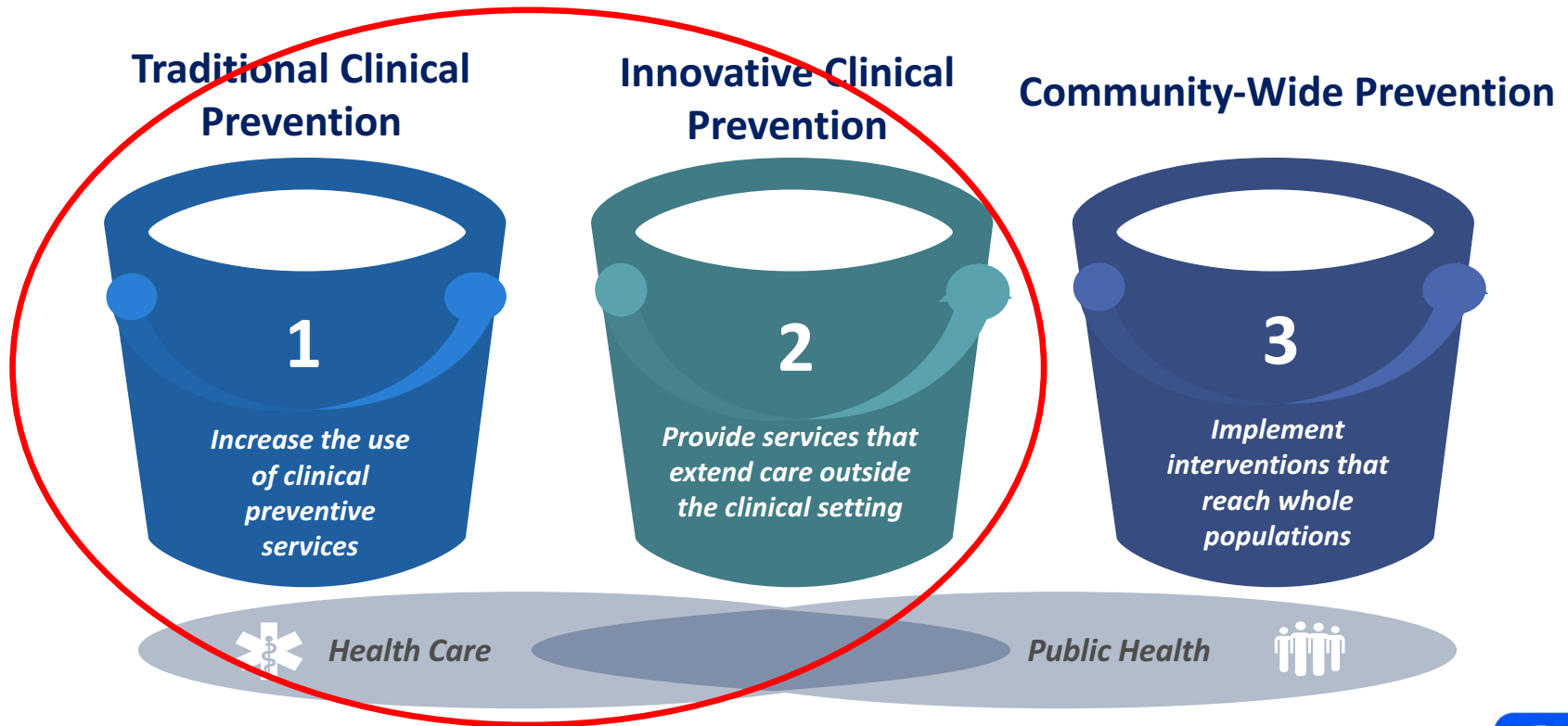


Health Behaviors

DESCRIPTION

BACKGROUND AND OBJECTIVE: A high proportion of low-income people insured by the Medicaid program smoke. Earlier research concerning a comprehensive tobacco cessation program implemented by the state of Massachusetts indicated that it was successful in reducing smoking prevalence and those who received tobacco cessation benefits had lower rates of in-patient admissions for cardiovascular conditions, including acute myocardial infarction, coronary atherosclerosis and non-specific chest pain. This study estimates the costs of the tobacco cessation benefit and the short-term Medicaid savings attributable to the aversion of inpatient hospitalization for cardiovascular conditions. **METHODS:** A cost-benefit analysis approach was used to estimate the program's return on investment. Administrative data were used to compute annual cost per participant. Data from the 2002-2008 Medical Expenditure Panel Survey and from the Behavioral Risk Factor Surveillance Surveys were used to estimate the costs of hospital inpatient admissions by Medicaid smokers. These were combined with earlier estimates of the rate of reduction in cardiovascular hospital admissions attributable to the tobacco cessation program to calculate the return on investment. **FINDINGS:** Administrative data indicated that program costs including pharmacotherapy, counseling and outreach costs about \$183 per program participant (2010 \$). We estimated inpatient savings per participant of \$571 (range \$549 to \$583). Every \$1 in program costs was associated with \$3.12 (range \$3.00 to \$3.25) in medical savings, for a \$2.12 (range \$2.00 to \$2.25) return on investment to the Medicaid program for every dollar spent. **CONCLUSIONS:** These results suggest that an investment in comprehensive tobacco cessation services may result in substantial savings for Medicaid

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2011http://journals.lww.com/jphmp/Citation/publishahead/The_3_Buckets_of_Prevention_.99695.aspx

SIX WAYS TO SPEND SMARTER FOR **HEALTHIER PEOPLE**



**REDUCE
TOBACCO USE**



**CONTROL
BLOOD PRESSURE**



**PREVENT HEALTHCARE-
ASSOCIATED INFECTIONS (HAI)**



CONTROL ASTHMA



**PREVENT UNINTENDED
PREGNANCY**



**CONTROL AND
PREVENT DIABETES**

Sample results from States Implementing 6 | 18

\$66M



Estimated avoided state and federal costs from 2010 to 2014 through Colorado's efforts to improve access to the most effective contraceptive methods¹

75%



Percent reduction in asthma-related hospital and emergency department costs for high-risk children enrolled in Rhode Island's Home Asthma Response Program²

\$571



Estimated annual hospital savings per participant following the implementation of Massachusetts' enhanced Medicaid tobacco cessation benefit³

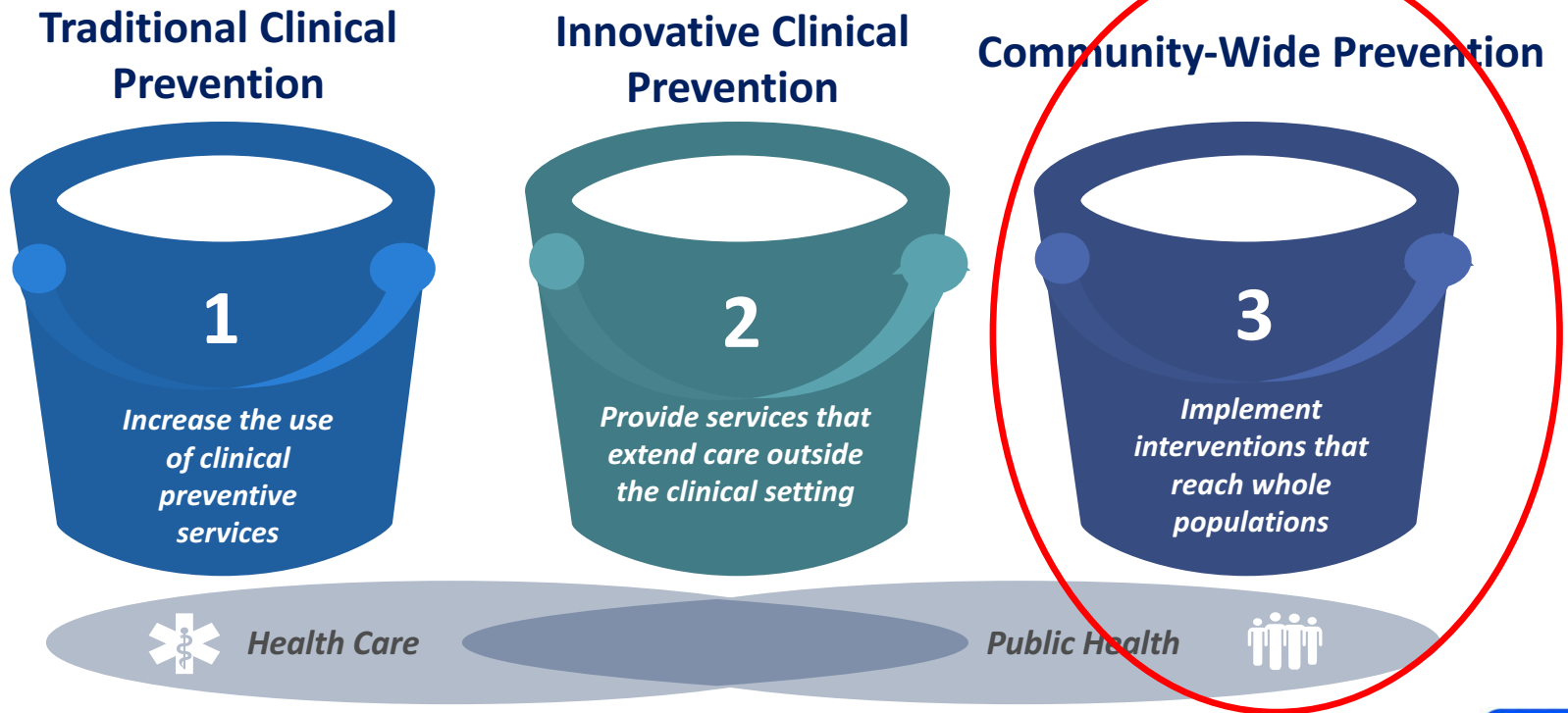
1 Colorado Department of Public Health and Environment (2017). "Taking the Unintended Out of Pregnancy: Colorado's Success with Long-Acting Reversible Contraception." Available at https://www.colorado.gov/pacific/sites/default/files/PSD_TitleX3_CFPI-Report.pdf.

2 Rhode Island Department of Health (2017). "The Home Asthma Response Program (HARP)." Available at <http://www.health.ri.gov/publications/programreports/HomeAsthmaResponseProgram.pdf>.

3 Centers for Disease Control and Prevention (2014). "Case Study: The Effect of Expanding Cessation Coverage - The Massachusetts Medicaid Cessation Benefit." Available at https://www.cdc.gov/tobacco/quit_smoking/cessation/pdfs/ma_casestudy.pdf.



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**CDC's Population Health Initiative to
Improve Health in 5 Years or Less**

www.cdc.gov/Hi5



- School-Based Programs to Increase Physical Activity
- School-Based Violence Prevention
- Safe Routes to School
- Motorcycle Injury Prevention
- Tobacco Control Interventions
- Access to Clean Syringes
- Pricing Strategies for Alcohol Products
- Multi-Component Worksite Obesity Prevention

Counseling
and Education

Clinical Interventions

Long Lasting
Protective Interventions



Changing the Context

Making the healthy choice the easy choice

- Early Childhood Education
- Clean Diesel Bus Fleets
- Public Transportation System
- Home Improvement Loans and Grants
- Earned Income Tax Credits
- Water Fluoridation



Social Determinants of Health

HI-5



HEALTH **IMPACT** IN 5 YEARS





Thank you!

Jim Kucik, PhD, MPH

jkucik@cdc.gov

The conclusions, findings, and opinions presented in this webinar do not necessarily reflect the official position of the U.S. Department of Health and Human Services or the Centers for Disease Control and Prevention.

Additional Resources

How to Get Involved with C2C

Send us stories or videos of how your organization uses C2C resources!

CoverageToCare@cms.hhs.gov





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[Privacy Policy](#) - [Help](#)

Ideas Exchange and Q&A



Thank You!

Visit our website:

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C2C Listserv:

<http://bit.ly/CMSOMH>